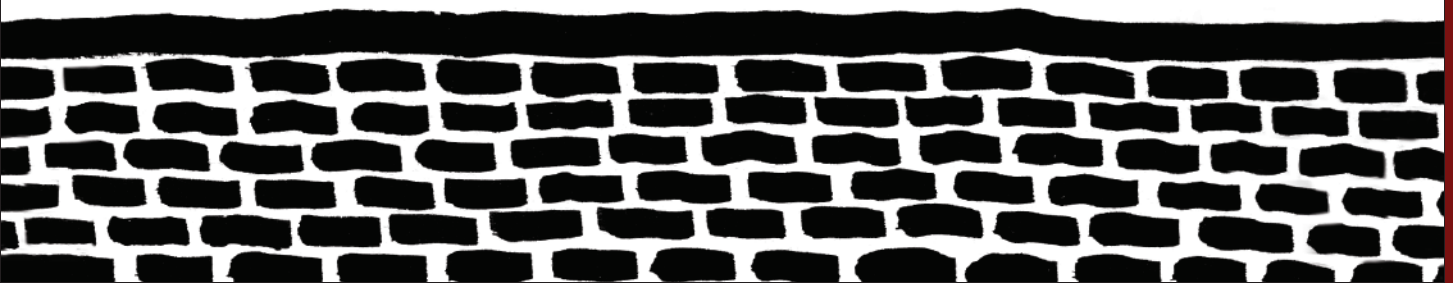
SJ McArdle

Blood and Bones



Two Steps From Heaven

Chin Up

Blood And Bones

At The Same Time

Spins Like This

Turn The World

Why

The Wondering

Personal Space

Coming Around Again

Mercy Now

Artwork by Kieran McNulty.

Graphic design by Caoimhe Mulroy
at Once Upon Design.
Assisted by Dave Graham
at Mollycoddle Media.

Photography by Jason McCarthy.

sjmcardle.com
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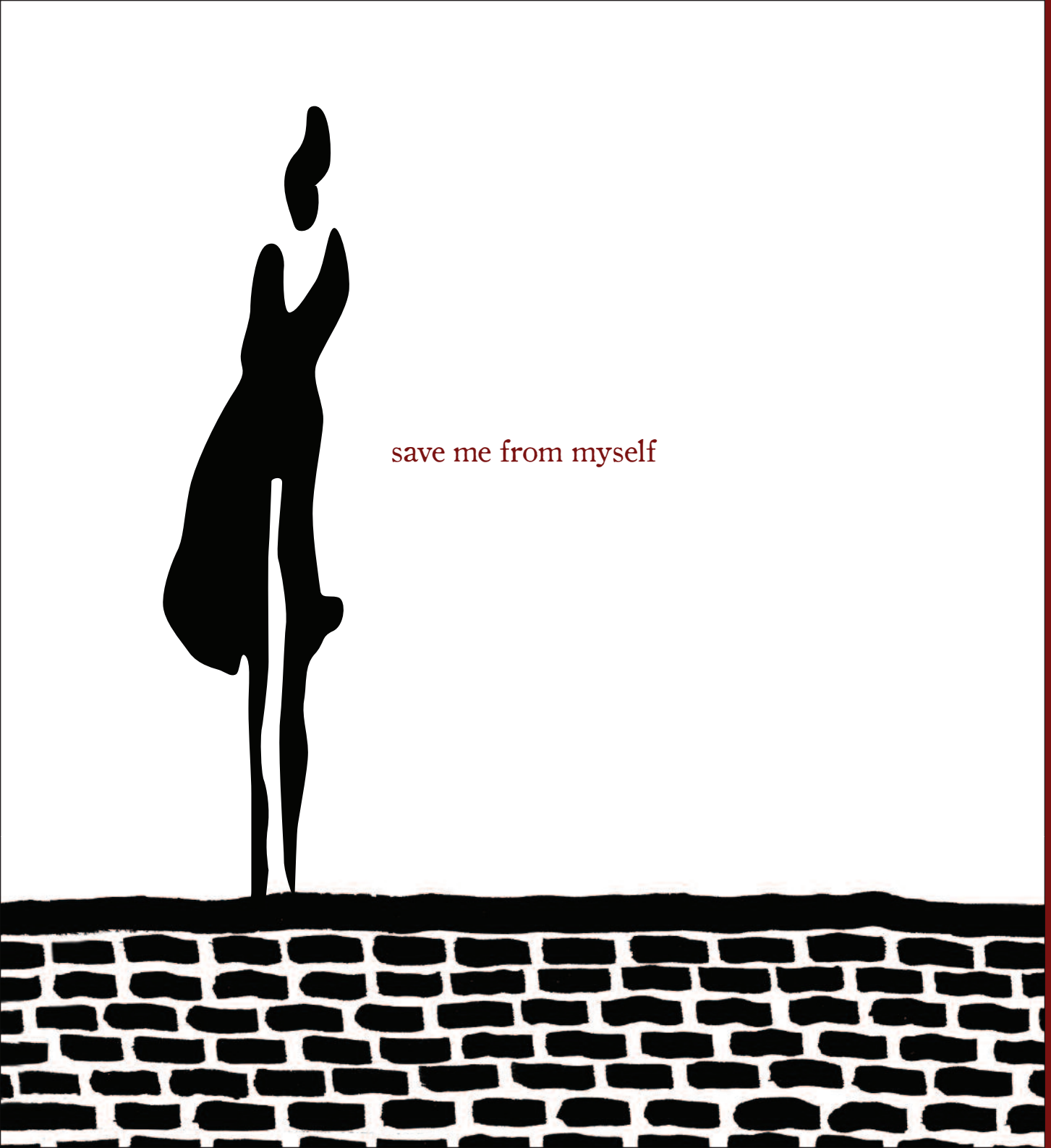
jewelmusic.de



save me from myself

Two Steps From Heaven (3:36)

Written by J.R. Forrest

Published by Green Publishing

Produced by J.R. Forrest

Engineered by James Mackin, Eric Sharpe and Fran McDermott

Recorded at Abbey Lane, Drogheda and James Mackin Music, Castlebellingham

Mixed by Jason Tarver

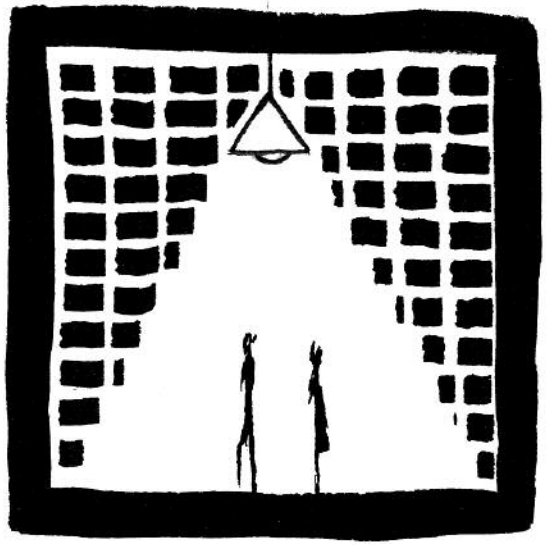
Mastered by Sascha „ Busy“ Bühren - TrueBusyness

SJ McArdle – vocals, acoustic guitar

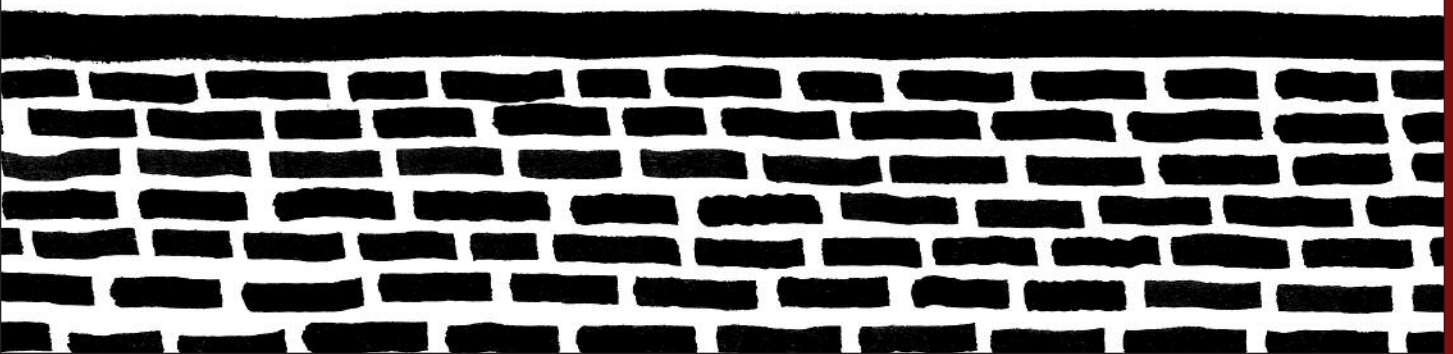
Josh Johnston – harmonium

Neil Conlan – bass

James Mackin – drums



Love
is a light
That shows us
the way through our fear



Chin Up (3:29)

Written by SJ McArdle, Tim Lauer, Angela Lauer

Published by Jewel D.C. Publishing / SONY/ATV Music Publishing (Germany), Sophie Park Music

Produced by Tim Lauer

Engineered by Tim Lauer and Dan Needham.

Assistants: Nathan Yarborough, Matt Michaels.
Additional engineering: Marc Lacuesta

Recorded at Dogwood and Brownstone Studios, Nashville

Mixed by Tim Lauer

Mastered by Jim Demain at Yes Master, Nashville

Re-Mastered by Sascha „Busy“ Bühren - TrueBusyness

SJ McArdle – vocals, electric guitar

Tim Lauer – programming, synthesizers

Dan Needham – drums

Eric Darken – marching drums, march box

Akil Thompson – bass

Jerry McPherson – electric guitar

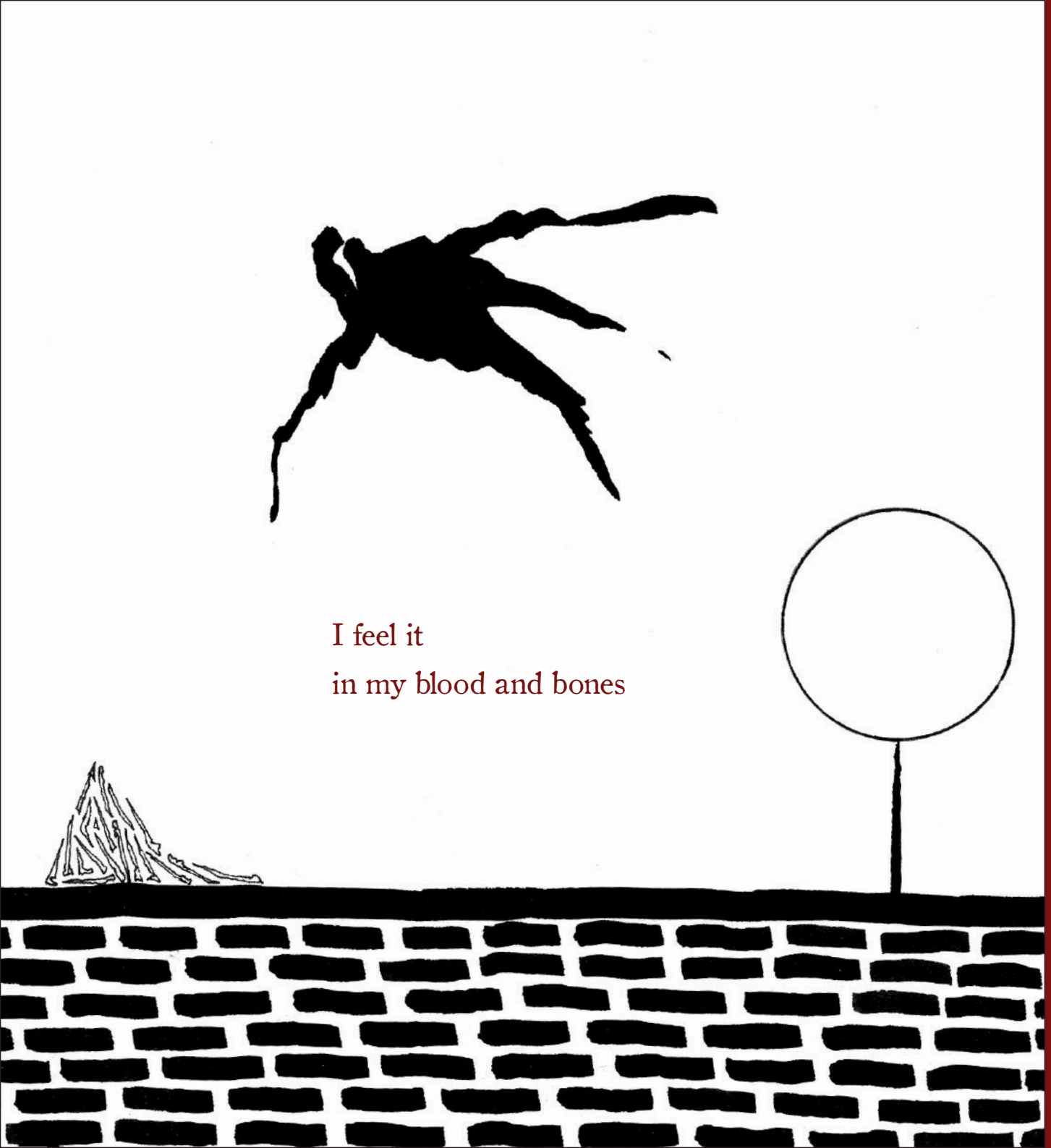
Bryan Sutton – acoustic guitar, mandolin, octave mandolin, banjo

Pat Bergeson – bass harmonica

Jim Hoke – whistles, alto flute, clarinet

Dan Hansen - backing vocals

Mikky Ekko - backing vocals



Blood And Bones *(2:27)*

Written by SJ McArdle, Tim Lauer, Angela Lauer

Published by Jewel D.C. Publishing / SONY/ATV Music Publishing (Germany), Sophie Park Music

Produced by Tim Lauer

Engineered by Tim Lauer, Jim Dineen and Dan Needham.

Assistants: Nathan Yarborough, Matt Michaels and Taylor Pollert.
Additional engineering: Marc Lacuesta

Recorded at Dogwood, Sound Emporium and Brownstone Studio, Nashville.

Mixed by Tim Lauer

Mastered by Jim Demain at Yes Master, Nashville

SJ McArdle – vocals, electric guitar

Tim Lauer – programming, synthesizers, organ

Dan Needham – drums

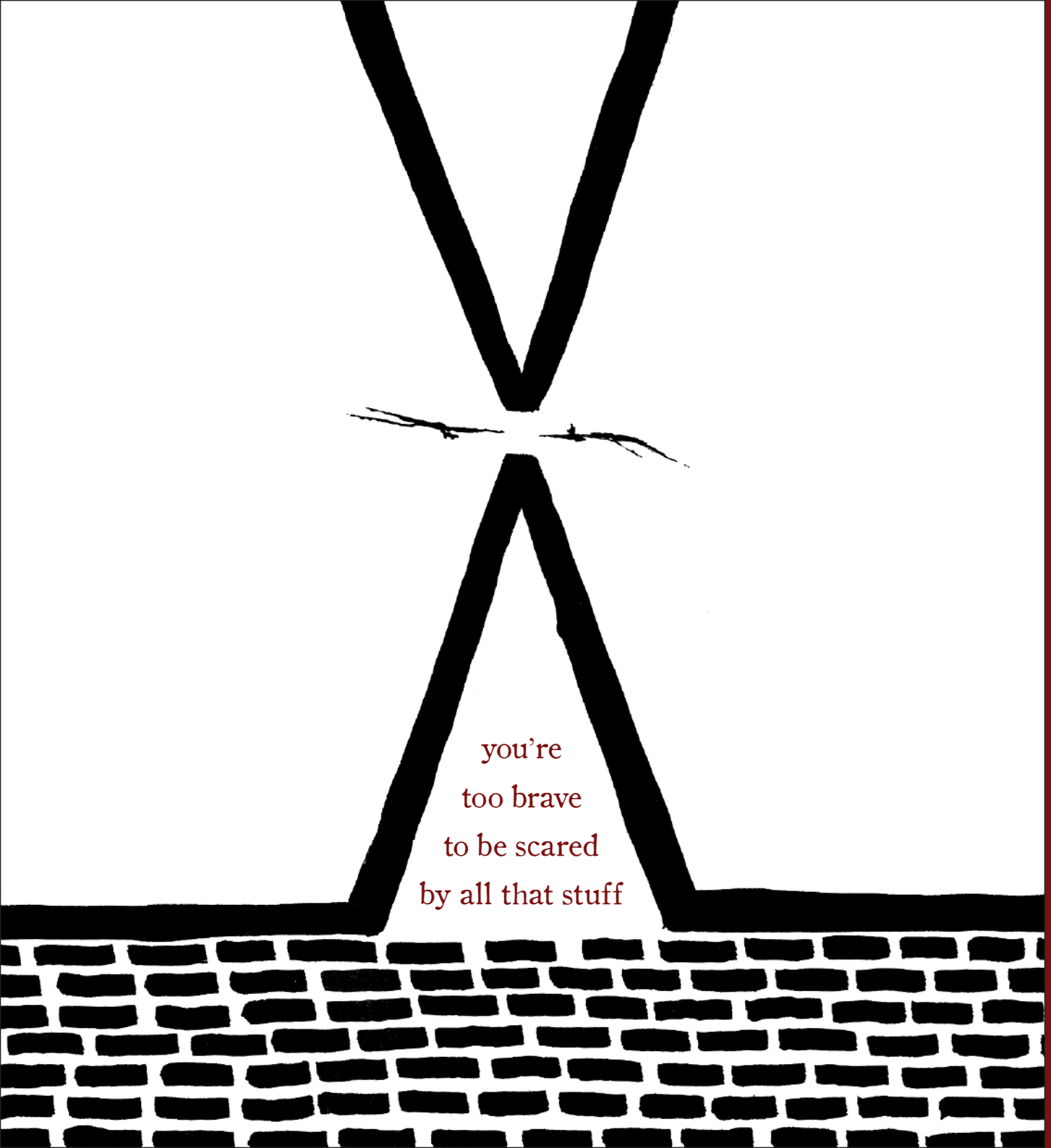
Akil Thompson – bass

Dan Dugmore – banjo

Glen Duncan – fiddle, mandolin

Kim Flemming – backing vocals

Jim Hoke – tin whistle



At The Same Time (3:08)

Written by SJ McArdle, Tim Lauer, Angela Lauer

Published by Jewel D.C. Publishing / SONY/ATV Music Publishing (Germany), Sophie Park Music

Produced by Tim Lauer

Engineered by Tim Lauer, Jim Dineen and Dan Needham.

Assistants: Nathan Yarborough, Matt Michaels and Taylor Pollert.
Additional engineering: Marc Lacuesta

Recorded at Dogwood, Sound Emporium and Brownstone Studio, Nashville.

Mixed by Tim Lauer

Mastered by Jim Demain at Yes Master, Nashville

SJ McArdle – vocals, electric guitar

Tim Lauer – programming, synthesizers, piano

Dan Needham – drums

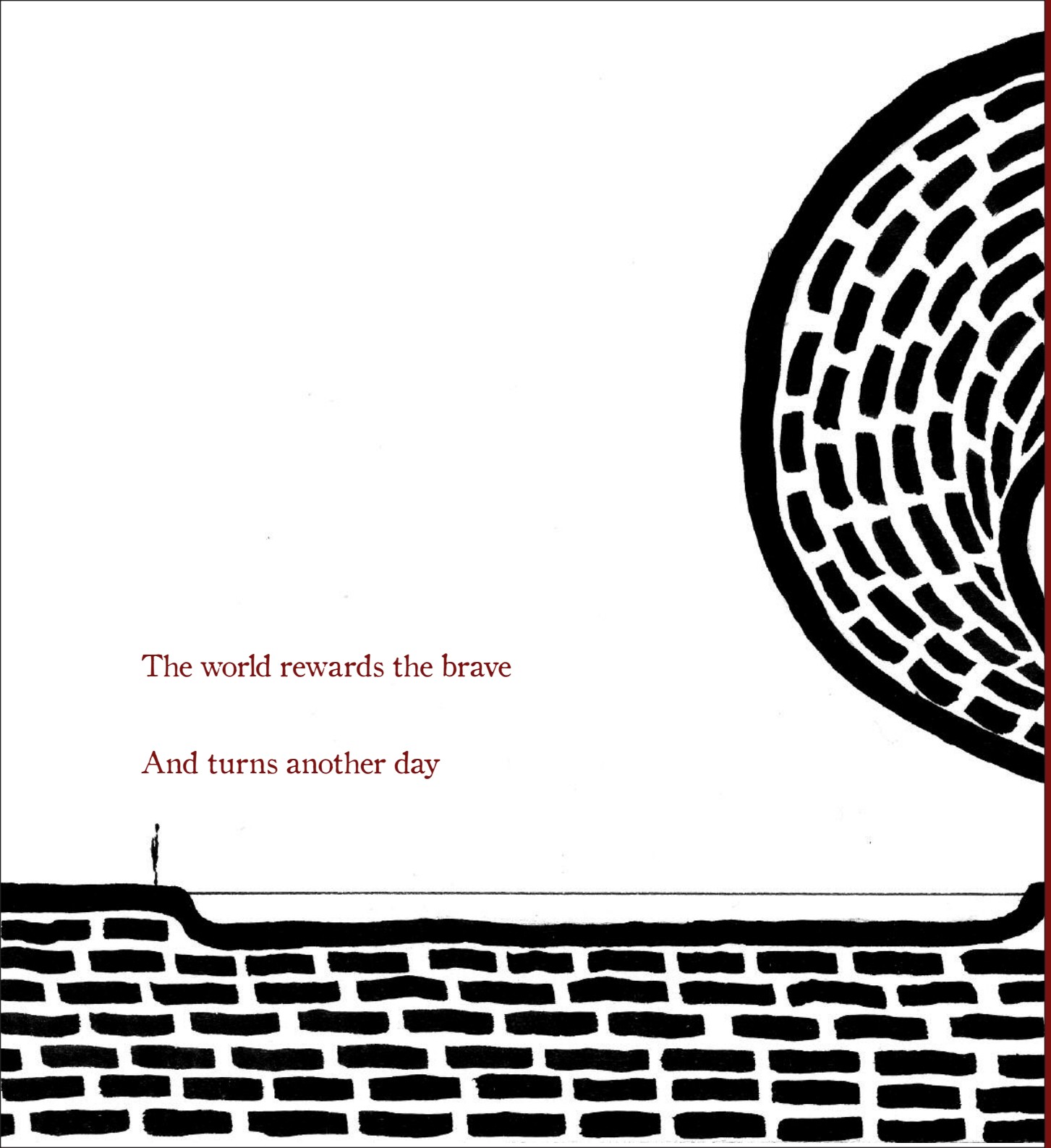
Akil Thompson – bass

Richard Bennett – acoustic guitar, electric guitar

Dan Dugmore – electric guitar

Glen Duncan – fiddle, octave fiddle

Marc Lacuesta – backing vocals



The world rewards the brave

And turns another day

Spins Like This (2:52)

Written by SJ McArdle, Tim Lauer, Angela Lauer

Published by Jewel D.C. Publishing / SONY/ATV Music Publishing (Germany), Sophie Park Music

Produced by Tim Lauer

Engineered by Tim Lauer, Jim Dineen and Dan Needham.

Assistants: Nathan Yarborough, Matt Michaels and Taylor Pollert.
Additional engineering: Marc Lacuesta

Recorded at Dogwood, Sound Emporium and Brownstone Studio, Nashville.

Mixed by Tim Lauer

Mastered by Jim Demain at Yes Master, Nashville

SJ McArdle – vocals, acoustic guitar

Tim Lauer – programming, synthesizers, piano, celeste, string arrangement

Dan Needham – drums

Akil Thompson – bass

Richard Bennett – electric guitar

Dan Dugmore – electric guitar

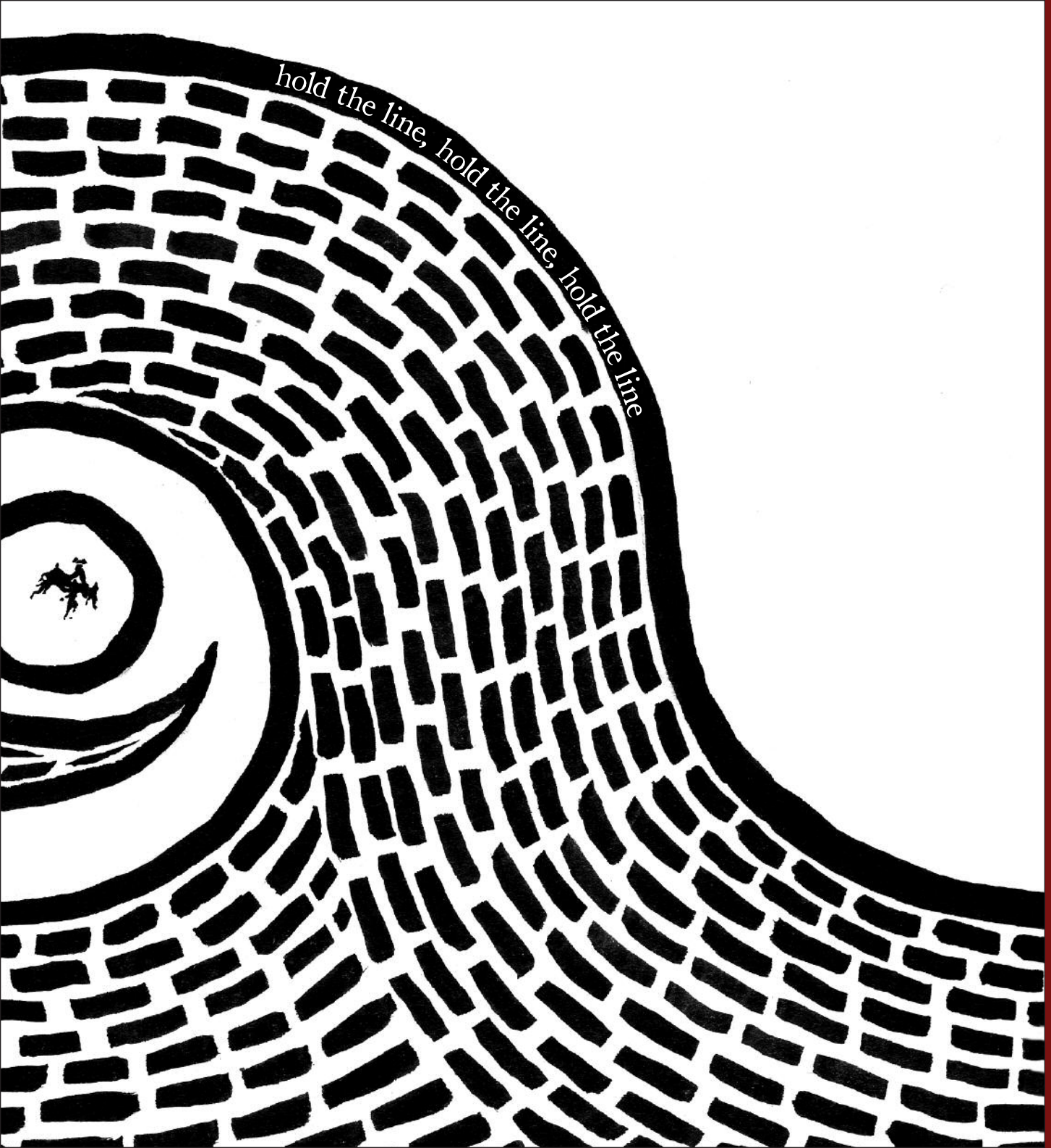
Glen Duncan – fiddle, octave fiddle

Mike Payne – acoustic guitar

David Angell – violin

Monisa Angell – viola

Angela Lauer - backing vocals



Turn The World (4:47)

Written by SJ McArdle, Tim Lauer, Angela Lauer

Published by Jewel D.C. Publishing / SONY/ATV Music Publishing (Germany), Sophie Park Music

Produced by Tim Lauer

Engineered by Tim Lauer and Dan Needham.

Assistants: Nathan Yarborough, Matt Michaels.
Additional engineering: Marc Lacuesta

Recorded at Dogwood and Brownstone Studios, Nashville

Mixed by Tim Lauer

Mastered by Jim Demain at Yes Master, Nashville

SJ McArdle – vocals, acoustic guitar, electric guitar

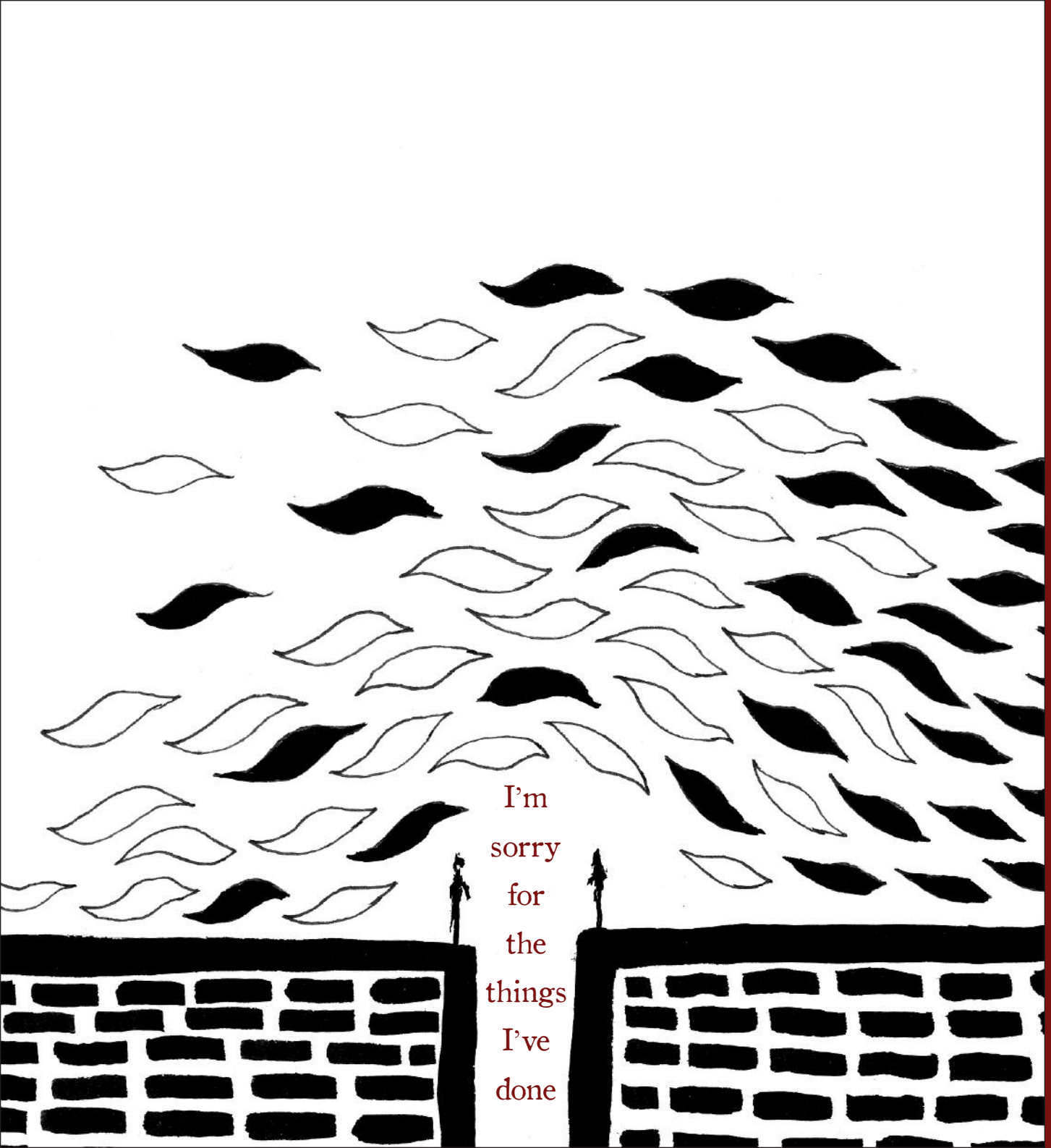
Tim Lauer – programming, synthesizers, piano

Dan Needham – drums

Alison Prestwood – bass

JT Corenflos - electric guitar

Ilay Toshinsky – acoustic guitar



Why (4:35)

Written by Annie Lennox

Published by SONY BMG Music Entertainment (UK) Ltd.

Produced by Tim Lauer

Engineered by Tim Lauer, Mike Poole, Dan Needham and Brandon Bell.

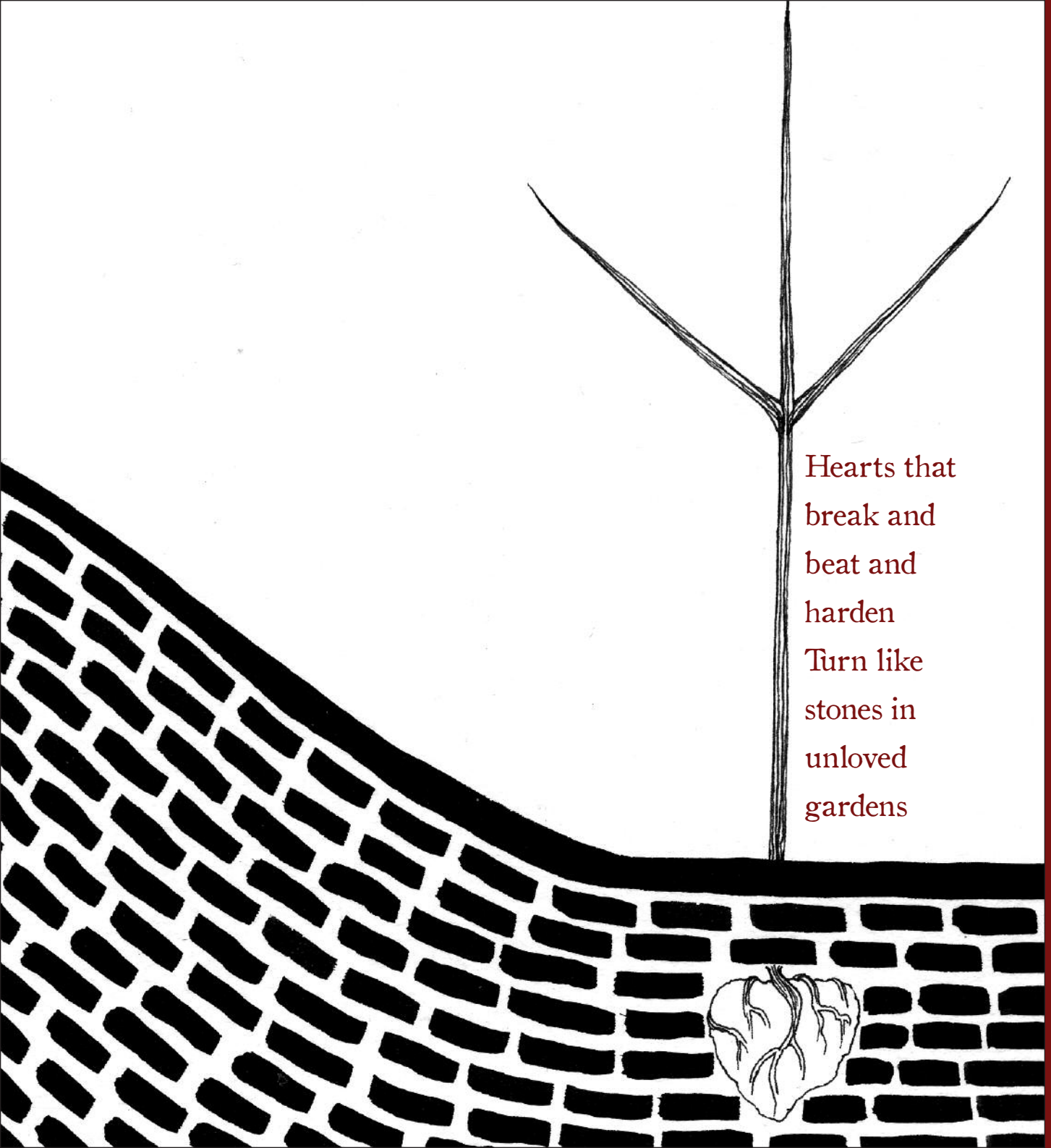
Assistants: Nathan Yarborough, Matt Michaels and Taylor Pollert.
Additional engineering: Marc Lacuesta

Recorded at Dogwood, Quad, Minutia and Brownstone Studios, Nashville

Mixed by Tim Lauer

Mastered by Jim Demain at Yes Master, Nashville

SJ McArdle – vocals, electric guitar
Tim Lauer – piano, programming, synthesizers
Dan Needham – drums
Eric Darken – bass drum, timpani, cymbal, vibes
Mike Payne – acoustic guitar
Pat Bergeson – nylon string guitar
Jerry McPherson – electric guitar
Jim Hoke – alto flute, clarinet
Kim Flemming - backing vocals
Vickie Hampton - backing vocals
Strings by the Love Sponge Strings, arranged by Tim Lauer:
Kris Wilkinson (leader) – viola
David Angell – violin
David Davidson – violin
John Catchings – cello



The Wondering (3:00)

Written by SJ McArdle, Tim Lauer, Angela Lauer

Published by Jewel D.C. Publishing / SONY/ATV Music Publishing (Germany), Sophie Park Music

Produced by Tim Lauer

Engineered by Tim Lauer and Dan Needham.

Assistants: Nathan Yarborough, Matt Michaels.
Additional engineering: Marc Lacuesta

Recorded at Dogwood and Brownstone Studios, Nashville

Mixed by Tim Lauer

Mastered by Jim Demain at Yes Master, Nashville

SJ McArdle – vocals, acoustic guitar, electric guitar

Tim Lauer – programming, synthesizers, accordion

Dan Needham – drums

Alison Prestwood - bass

JT Corenflos – electric guitars

Andrea Zonn – fiddle, viola

Ilay Toshinsky – acoustic guitar, mandolin, banjo

There's too much hurt in this place

Personal Space (3:54)

Written by SJ McArdle, Tim Lauer, Angela Lauer, Jerry McPherson

Published by Jewel D.C. Publishing / SONY/ATV Music Publishing (Germany), Sophie Park Music, Mo Miles Music

Produced by Tim Lauer

Engineered by Tim Lauer and Dan Needham.

Assistants: Nathan Yarborough, Matt Michaels.
Additional engineering: Marc Lacuesta

Recorded at Dogwood and Brownstone Studios, Nashville

Mixed by Tim Lauer

Mastered by Jim Demain at Yes Master, Nashville

SJ McArdle – vocals, acoustic guitar

Tim Lauer – programming, synthesizers

Dan Needham – drums

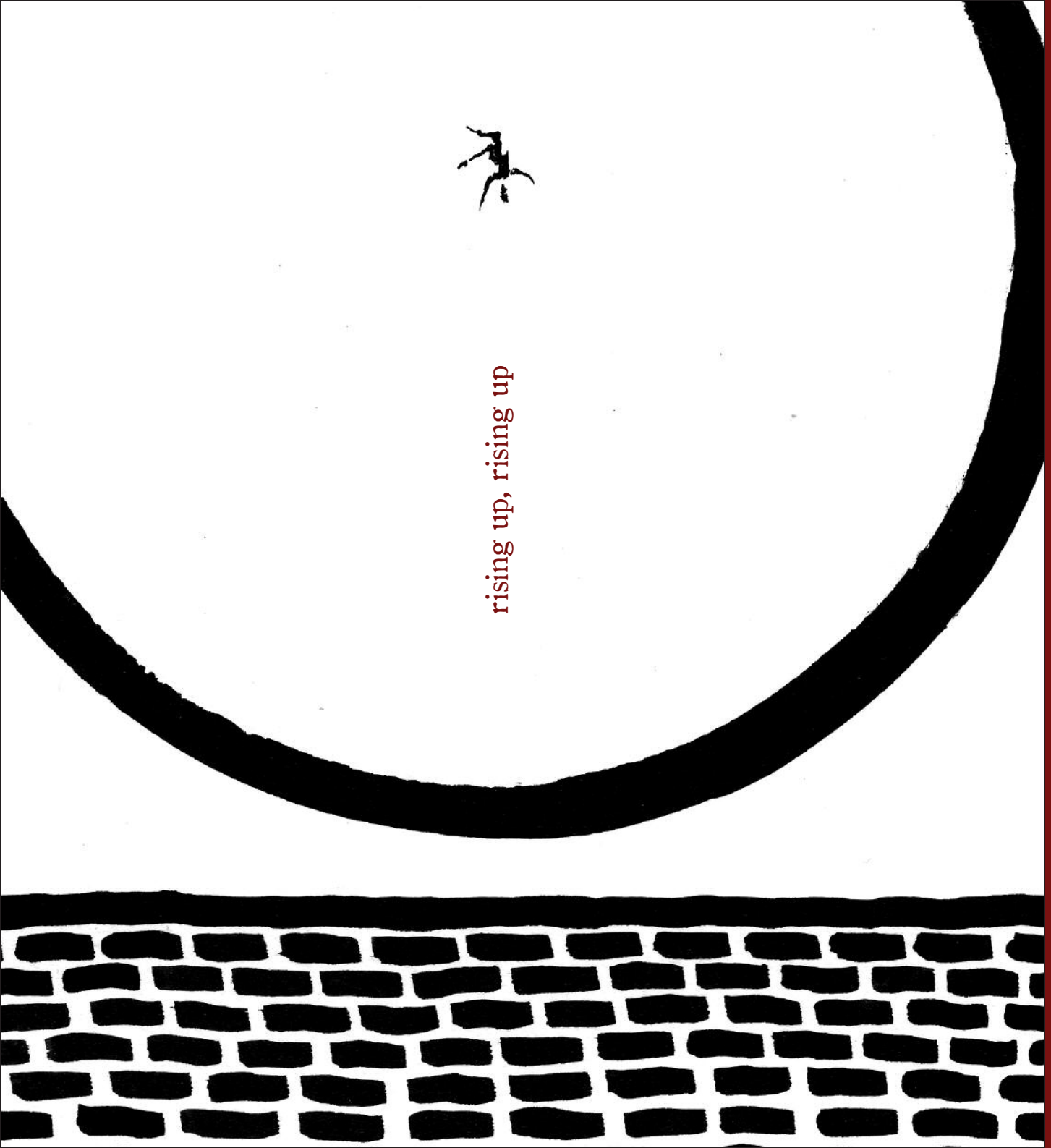
Alison Prestwood – bass

Jerry McPherson – electric guitar, bass

JT Corenflos - electric guitar

Andrea Zonn – fiddle, viola

Angela Lauer - backing vocals



Coming Around Again (4:06)

Written by SJ McArdle, Tim Lauer, Peter Keller

Published by Jewel D.C. Publishing / SONY/ATV Music Publishing (Germany)

Engineered by Tim Lauer, Jim Dineen and Dan Needham.
Additional engineering: Marc Lacuesta

Assistants: Nathan Yarborough, Marc Lacuesta, Matt Michaels and Taylor Pollert

Recorded at Dogwood, Sound Emporium and Brownstone Studio, Nashville.

Mixed by Tim Lauer

Mastered by Jim Demain at Yes Master, Nashville

SJ McArdle – vocals, 6 and 12- string acoustic guitars, electric guitar, mandolin

Tim Lauer – acoustic guitar, organ, piano, programming, synthesizers

Dan Needham – drums

Akil Thompson – bass

Richard Bennett – electric guitar

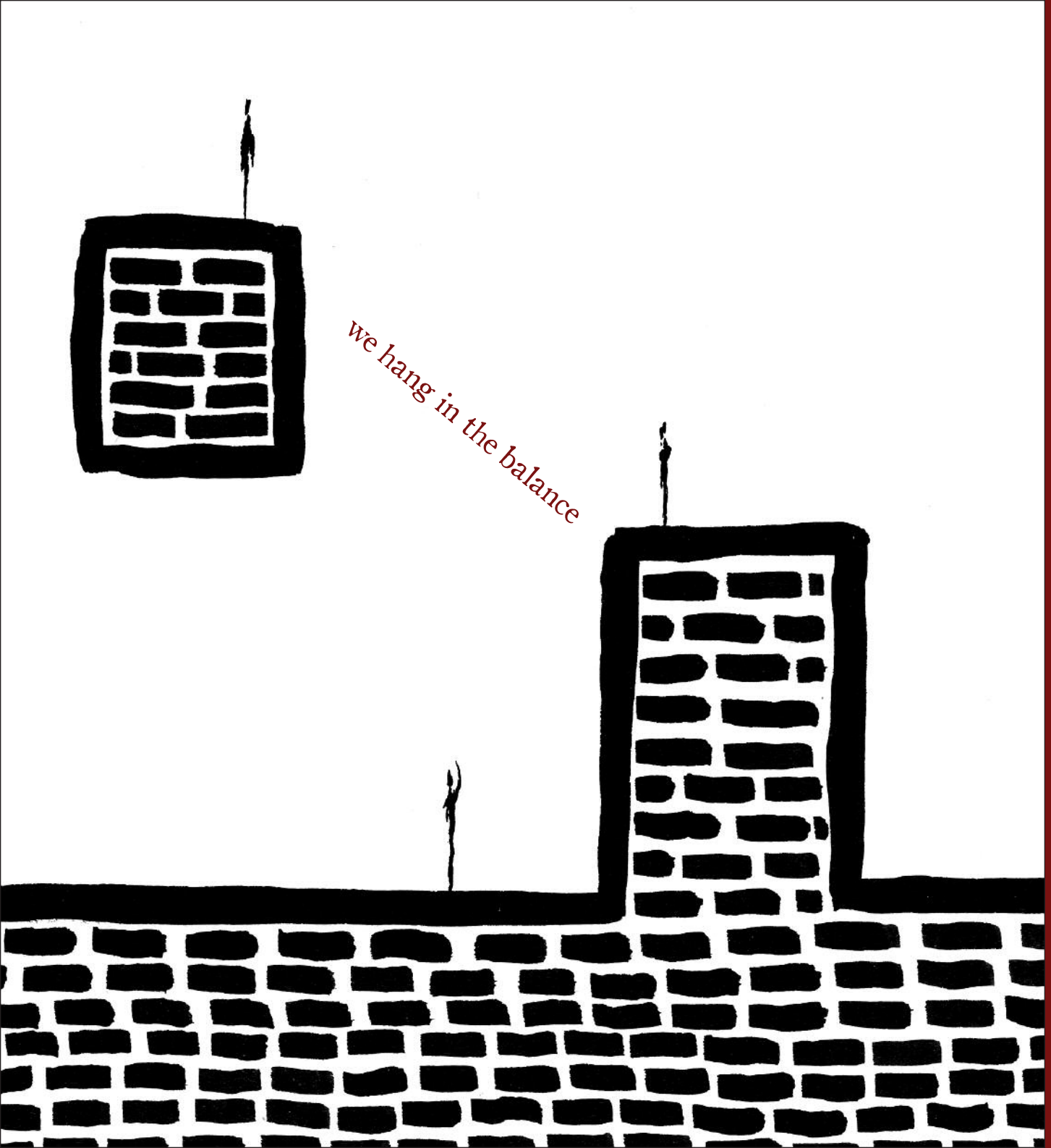
Dan Dugmore – electric guitar

Glen Duncan – banjo

Mike Payne – acoustic guitar

Rodney Crowell – guest vocal

Angela Lauer – backing vocals



Mercy Now (4:34)

Written by Mary Gauthier

Published by UMG Recordings Incorporated

Produced by Tim Lauer

Engineered by Tim Lauer, Mike Poole and Dan Needham.

Assistants: Nathan Yarborough, Matt Michaels and Taylor Pollert.
Additional engineering: Marc Lacuesta

Recorded at Dogwood, Quad and Brownstone Studios, Nashville

Mixed by Tim Lauer

Mastered by Jim Demain at Yes Master, Nashville

SJ McArdle – vocals, electric guitar

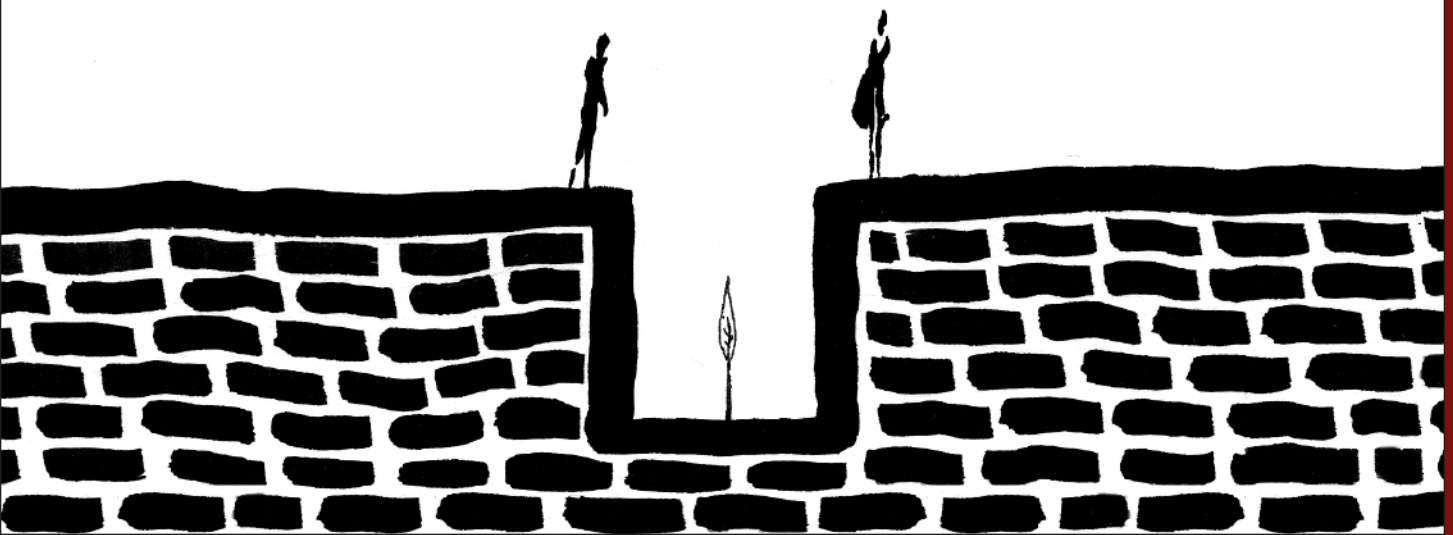
Bryan Sutton – acoustic guitar

Dan Needham – drums

Akil Thompson – acoustic guitar, bass

"He who Doubts from what he sees
Will ne'er believe, do what you Please.
If the Sun & Moon should doubt
They'd immediately Go out."

- William Blake, *Auguries of Innocence*



Thanks:
Rea Garvey; Tim and Angela Lauer; Josephine Garvey, Franzi Meitinger and Mags Garvey at Jewel Music; Gary Paczosa and Steve Buckingham; Collette Farrell and Darren Thornton at Calipo Pictures; Adrian Taaffe; Kieran McNulty; Once Upon Design; Mollycoddle Media; Jason McCarthy, Mary Ellen Darby and Gillian Costello; Andrea, Eleanor and Alison; bandmates, parents, friends and family.

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